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THURSDAY, OCTOBER 14, 2021

Dubé grants 30 day extension on mandatory vaccination

By Gordon Lambie

After weeks of holding firm to an October 15 deadline for all health-care workers in the province to be vaccinated, Quebec's Health Minister Christian Dubé announced a 30-day extension on Wednesday morning.

"I have the responsibility to protect the health network," Dubé said, explaining that the decision to extend the deadline to November 15 was made late in the evening on Tuesday night in light of the fact that under even the most lenient versions of the plan as many as 12,000 workers would be suspended on Friday. In a situation where the province permitted partial vaccination he said that number increased to 14,000, and with full-vaccination only it ballooned to more than 20,000. "The consequences were too dire."

Dubé framed the decision within the recent move to improve working conditions within the healthcare network and attract more workers. He pointed out that it was at the height of the first wave of the pandemic that many of the measures that he is now trying to eliminate, such as mandatory overtime, were first put in place to respond to a lack of about 12,000 workers. Making a decision to intentionally cut that many workers or more from the system just after promising to make things better would be, at best, irresponsible.

The extension is not entirely without consequences for those workers who remain unvaccinated. The Health Minister shared, for example, that staff members in the public system who have

CONT'D ON PAGE 3

On your marks, get set, go!

Sunnyside hosts neighbouring schools for cross country run



MATTHEW MCCULLY

By Matthew McCully

The Stone Circle in Stanstead was a hub of activity on Wednesday morning as over 100 students from North Hatley, Ayer's Cliff, Princess Elizabeth and Sunnyside Elementary School gathered to participate in a 1.6 km cross-country run.

The students were divided into different groups, and eight races took

place throughout the morning at the fourth and final cross country meet of the season between the four schools.

Three weeks ago, the students met at Merry Point in Magog, and the following week the groups ran their hearts out around the Ayer's cliff fairground.

Sunnyside hosted the last two meets for the group, since the location was ideal for keeping the students properly spaced out and the scenery surrounding

the unique Stone Circle was an added bonus.

At the end of the races, the top three runners from each category were awarded a ribbon.

Sunnyside Principal James Lemaître said the cross-country meets were a great way to help the students from the different schools connect. They started to recognize each other each, and they're waving hello, it's nice, Lemaître said.

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Turkey leftover memories



LINDA KNIGHT SECCASPINA

My late father-in-law Eliseo was raised as a child on a farm in northern Italy. Nono, as we called him, held firm views that all farm animals were raised strictly for eating purposes. He had absolutely no sentimental value for anything that could be sliced, diced or roasted. Each year for holiday meals he raised fresh turkeys. My sons and I had a hard time eating anything that we had given names to, and his tales of animals suddenly running away were wearing thin, as we knew what their fates had been.

One day something came into his life that changed all that and her name was Prissy. Prissy was an enormous turkey to say the least and literally frightened anyone that came into the yard. Every month the gas

man would come to read the metres beaming his flashlight at her. What he thought he was doing in the daylight with that thing I will never know. All I knew was that he always left the yard screaming as she chased him out.

She became a bit of a joke in the neighbourhood and everyone was devastated that she would eventually become a centre feature of the dining room table. A special family dinner came soon enough and Nono herded her into the basement to meet her maker. As she was ready to take her final breath she suddenly looked him straight in the eyes and made a love noise. It was not a small timid cluck, but a long loud struck mating call. She wobbled and she gobbled and was actually talking turkey to him. After those love words escaped her beak she pecked him on the lips. Yes, she kissed him in her own poultry way.

For the first time in Nono's life he could not complete the task. He could not kill this bird and my mother-in-law was furious with him. Nono simply got into the car, drove to the grocery store and came home with a huge Butterball turkey. He told her in Italian that she was going to have to cook that frozen turkey or eat bread. Eat bread? That made no sense, but sometimes Italians have an odd sort of communication with all those dialects.

Nono was literally in love with that

bird and that was all there was to it. From that day on she followed him everywhere as she too was absolutely love struck with him. She cooed to him - he cooed to her. All you had to do was look for her and Nono was not far away. One day our dog got too close to Nono and Prissy took him on. Feathers and fowl animal language filled the air but the dog ran off and Prissy went up to Nono slowly. She smiled seductively minus 50 or 60 feathers, as in her small mind she had run the competition off. Nono would always be hers.

Prissy made it through Thanksgiving and then Christmas. As soon as the snow touched the ground Nono built her a large pen in the basement as there was no way that he was going to let her freeze. In January we had a house fire and the whole place was devastated.

The fire had started in the basement and of course Prissy had met her demise. When the fireman asked Nono what was in the basement; he told them his turkey had died. The fireman assumed he was talking about a frozen one in the blackened freezer. Through broken English and tears he told them all about her. Needless to say after I saw their faces I knew that Prissy would always be the tale around town that urban folk legends grew out of- and she was.

Weather



TODAY:
30 PER CENT
CHANCE OF
SHOWERS
HIGH 21
LOW 13



FRIDAY:
CLOUDY
HIGH 18
LOW 15



SATURDAY:
SHOWERS
HIGH 21
LOW 10



SUNDAY:
SHOWERS
HIGH 14
LOW 5



MONDAY:
40 PER CENT
CHANCE OF
SHOWERS
HIGH 9
LOW 4

Quebec begins flu vaccination campaign

Record Staff

With the seasonal flu vaccination campaign around the corner, the Ministère de la Santé et des Services sociaux (MSSS) has clarified the ways Quebecers can get vaccinated, and specified which people should be vaccinated.

According to the MSSS, vaccinations will be available mainly by appointment, in accordance with Quebec's health measures, and the ClicSanté platform has been tabbed as a crucial resources for the campaign. People can visit the

platform to make an appointment.

The MSSS also wanted to remind people that vaccination is the simplest and most effective way to protect yourself against the seasonal flu, especially for people who are most at risk, who are invited to take advantage of the vaccine free of charge.

The MSSS said that people 75 years old and older, children six month and older, and adults, living with diabetes, a weakened immune system, heart disease, lung disease, kidney disease, and pregnant women in their second and third trimesters qualify as at risk

individuals.

The vaccine is also free for family members living in the same household in order to reduce the risk of transmission. The campaign will also make it possible for pharmacists to administer the vaccinations, similar to last year.

The appointment slots for vaccinations that will begin on Nov. are available now. People can also make an appointment by calling 1-877-644-4545 (Monday to Friday, 8 a.m. to 8 p.m. and 8:30 a.m. to 4:30 p.m. on Saturdays, Sundays and holidays).

Ben by Daniel Shelton



Local News

The first questions of the night related to urban and economic development in the city, asking the candidates to weigh in on what the moderator referred to as an almost incoherent approach to urban planning and business retention in recent years.

Sherbrooke mayoral candidates face off in first debate

By Gordon Lambie

Sherbrooke's Granada Theatre was busy on Tuesday night as the Université de Sherbrooke's undergraduate and graduate student unions hosted the first mayoral debate of the municipal election campaign. From 7 p.m. to 9 p.m. candidates Évelyne Beaudin, Luc Fortin, and Steve Lussier were questioned on a range of topics related to their platforms and the concerns of the university's students and offered the opportunity to pick apart each other's responses.

Debate moderator Guillaume Desmarais took the candidates through questions on a series of themes touching on subjects ranging from urban development, the environment, and public transit to council cooperation and transparency, with occasional periods of open debate staggered throughout the night.

Beaudin, a U de S graduate, made a point of playing to the student crowd in her responses and the audience often responded in kind. As the only candidate who is also the head of a political party she frequently placed her responses not just in the context of her role as mayor, but the pro-democracy and citizen involvement position of Sherbrooke Citoyen as a political movement.

Where the students were quick to praise Beaudin, the night proved most challenging for Lussier, who faced occasional heckling from the crowd in situations where he butted heads with his fellow city council member. As the incumbent mayor, Lussier leaned heavily on his work in the past four years. He said that it was always his goal to seek two terms in office and argued that anything that he committed to in his initial campaign

that has yet to be accomplished is something for the next four years.

Fortin, who is looking to make the jump to municipal politics from his background as a provincial member of the National Assembly and Families Minister, found himself between Beaudin and Lussier both literally and in terms of his responses on many subjects. The former provincial politician framed himself as a new and moderate choice for mayor; someone who will be able bring the council out of what he described as a period of conflict to get the city 'back on track.'

The first questions of the night related to urban and economic development in the city, asking the candidates to weigh in on what the moderator referred to as an almost incoherent approach to urban planning and business retention in recent years. This line of inquiry put Lussier on the defensive against both Fortin and Beaudin, but particularly the latter as she brought up examples of debates and arguments that have taken place over the last four years on the council.

Where Fortin tried to capitalize on the back-and-forth between the two current council members to underline his plan to be a peacekeeper in the next council, both of his opponents worked to counterbalance with context and experience from the current council's decision-making. This was especially clear in a discussion later in the evening where the former provincial politician came under fire for his position on using the funds from the controversial cryptocurrency company, Bitfarms, for social programs while also proposing to move the company from its problematic current location faster than the city has already committed to doing so. Lussier criticized the



GORDON LAMBIE

timeline as offering 'false hope' in the name of winning votes, and both he and Beaudin spoke to the importance of using the income from Bitfarms to establish a rainy day fund for the city and pay down the debt, things the city is already doing. The Sherbrooke Citoyen candidate also criticized the idea of tying things like social housing to something with as variable a value as cryptocurrency, because of the fact that it turns funding for programs with a big impact on people's lives into a gamble.

On the question of government transparency, Fortin and Beaudin both called for a significant reduction in closed door meetings except in situations of necessity, while

Lussier argued that they represent an important part of how cities do business. The incumbent mayor positioned himself as being pro-transparency by highlighting the fact that he helped to ensure that full sessions of city council were available online even before the start of the pandemic, but argued that all cities have closed door meetings and said that is not something he aims to change.

The complete debate was streamed live to the Facebook page of the student union, the FEUS. The candidates will also be preparing for several additional debates over the course of the next week.

Vaccination extension

CONT'D FROM PAGE 1

contact with patients but are not fully vaccinated will need to be tested for COVID-19 three times per week. These staff members will also lose their COVID-19 premiums and be given lower priority in scheduling.

"We want to give a last chance to the unvaccinated," Dubé said, noting that significant progress was made in vaccination coverage between August and October and arguing that much more could happen in the next month if people continue the trend.

The health minister also acknowledged that this decision might be frustrating to hospital users or staff members who already got the vaccine, but simply responded that, "there is no perfect solution."

"If we continue like this we will run into a wall," he said.

The province reported 512 new cases of

COVID-19 on Wednesday, bringing the total number of people infected to 417,188 with 4,982 active cases. There were seven new deaths, for a total of 11,429 since the start of the pandemic.

Overall hospitalizations increased by seven compared to the previous day, with 21 new entries and 14 new discharges for a total of 298. Of that total 75 people were in intensive care; an increase of three compared to the previous day following seven new entries and four new discharges.

According to the provincial institute of public health, the INSPQ, there were 248 active cases in the Eastern Townships on Wednesday, spread across all sectors. The highest case numbers were in Sherbrooke, which had 69, and the Haute Yamaska, with 66, followed by the Des Sources region with 28.

There were 10 people hospitalized due to the

virus in the region on Wednesday, one of whom was in intensive care.

**A meeting concerning the
SILVER VALLEY CEMETERY**

will be held on

October 17, 2021 at 2:00pm

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located at

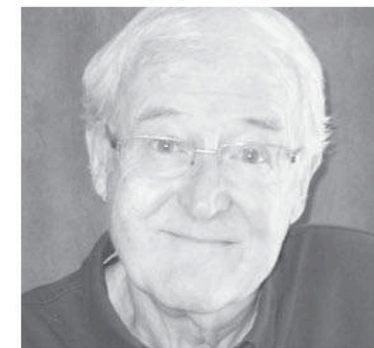
366 Rue principale Eastman.

All are welcome.

EDITORIAL

At last count, I have fourteen maple trees in my back lot and two very large maples in front of the house. Together they produce about thirty-five million leaves.

Fun with the fall foliage



TIM BELFORD

*"I think that I shall never see
a poem lovely as a tree."
-Joyce Kilmer (1886 - 1918)*

It's the middle of the 'ooh and aah' season and the surrounding country side is ablaze with the orange and reds and yellows of fall foliage.

Most Canadians appreciate the display when it comes each and every year but it's easy to take for granted after you've witnessed the autumnal change all your life. We often forget that people from around the globe drive, fly and sometimes sail here just to take in the colourful display.

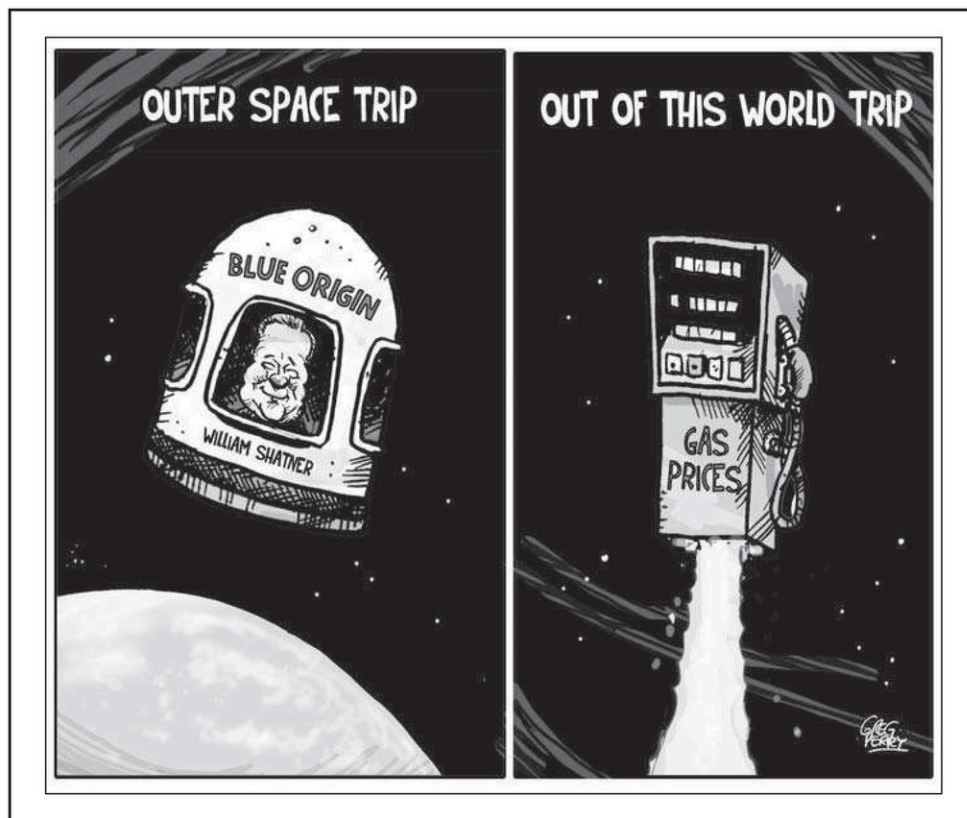
The only problem in all of this is that the leaves eventually fall, and fall and continue to fall. They just won't stop. The damn things just keep on coming; and they have to be cleaned up.

Sorry if I sound a tad cranky but

the neighbourhood I live in, like many in our city, has a lot of trees. Many homes, unlike the newer subdivisions being built, have large lots. My own is a perfect example. At last count, I have fourteen maple trees in my back lot and two very large maples in front of the house. Together they produce about thirty-five million leaves. On top of that the prevailing winds in the area bring another thirty-five million that my neighbours are only too happy to contribute.

The first year my bride and I inhabited our home I decided to wait until all the leaves had fallen before attempting to clean them up. This, as you can imagine, proved to be a major mistake. By the time the trees were bare our yard was under about four feet of wet foliage. Oh yes, it was quite colourful but it was nearly impossible to rake, blow or otherwise collect.

Thankfully, I didn't have the added task of having to bag them for pick-up by the city. I don't know how many bags I would have needed but one of my neighbours, with far fewer leaves to control, managed to fill eighty-five one year. In our case, the leaves were finally raked and blown into piles. The piles were then moved onto a tarpaulin and then dragged into the back wooded area where they belonged. This annual ritual lasted about thirteen years until, in a flash



of brilliance, well not quite a 'flash' since it took thirteen years to come up with the idea, I decided to hang up my rake and mow the leaves.

Each time a sufficient number of leaves fall, I jack up my lawn mower to level five and merrily stroll around the lot mulching everything in sight. It's easier than blowing and raking and is, I am told, good for the lawn. The downside here is that I have to mow every two days or so just to keep up with the regular arboreal shedding.

My neighbours, I am sure, think I have finally gone over the edge with a fanatical zeal for short grass,

although I have assured those who ask that it's only the leaves that are being chopped.

So far it seems to be working but in the back of my mind I realize that when the final flurry of leaves is cast off I will either have to mow the lawn three times a day or resign myself to a certain amount of raking, blowing and dragging.

Meanwhile, I find myself wondering how much one of those riding mowers with the leaf-collecting bags attached to the back cost. Maybe if we sold one of our cars or took out a second mortgage on the house or ...

Nature Conservancy asks Canadians to keep some leaves on the ground

Record Staff

The Nature Conservancy of Canada (NCC) is reminding people that if they want to avoid the gruelling chore of raking up fallen leaves, they can instead keep a layer or two of leaves

on the ground.

According to the non-profit organization, Canadians would in fact be giving nature a helping hand. The NCC notes that this small act is a way of sustaining biodiversity. While some insects migrate south, many of

them remain in yards throughout the winter.

Fallen leaves provide a natural habitat for many species, explained Claude Drolet, a project manager with the NCC, animals such as toads, frogs, and certain butterflies and moths have "evolved to overwinter under a carpet of leaves."

Drolet added that the fallen leaves act as an insulating layer, protecting insects from extreme cold and temperature fluctuations during the winter months. A small amount of leaves on the ground can also enrich the soil, the project manager continued.

The leaves decompose to become natural mulch that fights weeds. However, the NCC points out that a thick pile of leaves can smother vegetation, while a thin layer can improve the health of gardens and lawns. The leaves will deposit some carbon into the soil.

"Plant stems and dead branches also

provide habitat for many insects," said Drolet. "By clearing this from our yards and gardens, we are depriving native species of vital habitat to get through the winter in our communities."

Birds can also benefit from gardens in the winter, Drolet added, sharing that fruits and seeds remain on flowers and bushes are an important food sources for many songbirds. The vast majority of Canadians live in villages or cities, and backyard biodiversity is necessary.

Nature conservancy goes beyond protecting large swaths of wilderness, Drolet explained, it also means protecting nature on all scales, including taking collective action at home. The more people learn about nature, the stronger their connection will be to the natural world.

"We have some of the last remaining wilderness on the planet in Canada, but for many of us and our children, building a relationship with nature starts at home," said Drolet

THE RECORD

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The Border Report

With guidance, exercise and love, Willow will blossom and be a great little companion.

Phelps Helps' lucky find

**PHELPS AIDE
PHELPS HELPS**

As an organization, Phelps Helps is only as effective as the people that work and volunteer for us. We have been exceedingly fortunate in drawing in motivated, innovative and caring individuals over the years. Recently, Phelps has taken an intern under its wings and it has become immediately apparent that we have much to gain from her involvement over the upcoming year.

One of the most magical things about Gabrielle Cloutier is that she hails from none other than Beebe. While it was once considered its own little hamlet, today, Beebe is recognized as a part of Stanstead. Ms. Cloutier attended Jardin-des-Frontières and as such has a keen understanding of the children that she will be tasked with guiding and supporting. She is perfectly bilingual and studied both Science and the Humanities. Polymaths of her kind are a great asset to us.

Ms. Cloutier is currently undertaking her degree in

psychoeducation at the University of Sherbrooke. She found her calling after heading in other directions that did not feel quite right. She was even enrolled in a Bachelors of Social Work. In psychoeducation, she feels she has found her place. She is interested in the work of teaching children deep life skills such as perseverance and respect.

We have much to gain from Ms. Cloutier. She has already proven herself to be flexible and compassionate while working with our participants. She is equally hard-working and conscientious of how to make herself useful during our tutoring sessions. She is truly off to a great start.

Just as importantly, it is our desire that Ms. Cloutier will be empowered through her stage at Phelps Helps. We believe that she will grow from having the opportunity to work within a community that she already knows and loves. From our own experience, we know how often the students play the role of



COURTESY

Gabrielle Cloutier

teacher. We wish all the best as she embarks on what we hope will be a life changing experience.

Phelps Aide Phelps Helps was founded in 2012 and has grown organically from a single high school tutoring program to six

unique programs, providing the Stanstead area with free educational and career support. For more information or to volunteer, please email us at info@phelpshelps.ca, visit our website at www.phelpshelps.ca.

FRONTIER ANIMAL SOCIETY

Featured pet: Willow

Please meet Willow!

Weighing in at 30 pounds, this spunky little husky mix, who was rescued from a remote community in Northern Quebec, is very people social and loves attention, but she also has a stubborn streak and likes to get her way. Because of this, Willow will do best with an experienced adopter who will set clear boundaries and provide her with calm and confident leadership. She is a fun and outgoing little dog who just needs to learn she can't always get her way.

Having just turned 1, Willow still has lots of happy, playful puppy energy so we are looking to place her in a home with an active adopter who will give her the exercise and mental stimulation she needs. Willow enjoys her daily walks, and she is quite good on leash. She also likes to play ball in

our fenced-in dog park. She can be a little nippy when she gets wound up so for now, she is not well suited to a home with young kids. Again, she just needs to learn.

As for other dogs, Willow can be selective, she tends to like males better and proper introductions are needed which means she is not a good candidate for your local dog park. She cannot live with cats.

With guidance, exercise and love, Willow will blossom and be a great little companion.

If you think you can provide this spirited young dog with the home she deserves, we'd love to hear from you. To inquire, please send an email to frontieranimalsociety@gmail.com or better yet give our adoption coordinator Brenda a call at 819.876.7747 any day of the week between 8 a.m. and 8 p.m.



Winter tires: An absolute must

(NC) With all the surprises Canadian winter weather brings, it's best to be prepared for anything including ice, snow and even freezing rain. A simple way to be ready for snow or ice-covered driving conditions is to install winter

tires.

Follow these three tips to choose and maintain your winter tires:

1. Choose quality over price

When it comes to selecting winter tires, identify a brand that is durable and reliable. To help you sort through all the choices, start with some research online and check performance reviews. Price should not be your primary

criterion, safety should.

Once installed, make sure you let your auto insurance provider know you have winter tires. With some providers like Belairdirect, you may be eligible for a discount.

2. Check your tire pressure monthly

Cold weather reduces tire pressure, so be sure to check your tire pressure at least once a month. It should always be maintained at the level recommended by the manufacturer, which you will find on the label in the driver's door opening, on the flap of the fuel tank and in your user's manual. Tires inflated to the required pressure will

prevent uneven wear and make driving more comfortable.

3. Know when it's time to buy new ones

Tread depth is the first criterion to consider when checking your tire condition. A legal minimum tread of 2/32 inches is required, so you may consider replacing your tires when you are close to it. In general, if all the tires are bought new, at the same time and only used during winter months, the effective tread life is about three to four winters.

Find more winter driving tips at belairdirect.com.

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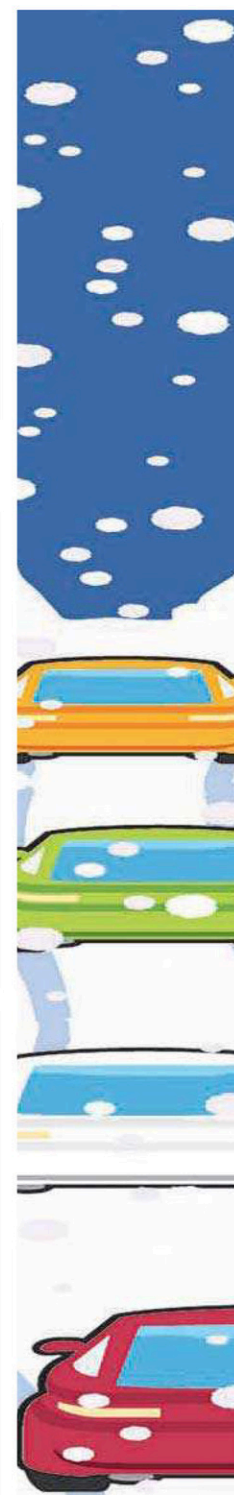
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Simple tips to prepare your vehicle for winter

(NC) According to a recent survey from OK Tire, 90 per cent of Canadians kept up with their routine vehicle maintenance in 2020, with three quarters placing the same level of importance on this year's care. A further 15 per cent say they are placing more importance on their vehicle's maintenance in 2021.

Make sure to follow these tips and steps in your upkeep schedule:

Examine your tires. Is it time for a new set of winter tires? Is there uneven tire wear? This could be a sign of bad wheel alignment. How's your tire pressure? Low tire pressure is common in the winter weather as colder temperatures can cause the air to contract, taking up less space.

If you're in need of some new winter tires and the weather has reached a temperature lower than 7°C, make sure to ask your local OK Tire dealer for advice on which tires will fit your needs and driving habits. Financing options are also available to help you drive now and pay later.

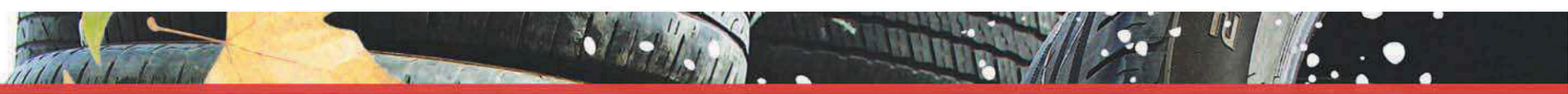
Switch to winter blades. Summer windshield wipers are not designed to perform well during the cooler months. Winter blades are more robust, made of thick, synthetic rubber with materials such as silicon or Teflon that create a protective shield against damage from exposure to ice and snow.

Take care of the basics. Don't forget some preventative

measures, including refilling antifreeze, following your oil change schedule, testing your heater and visually inspecting your battery for signs of corrosion, cracking or loose connections.

Stay alert—if you notice any external leakage, bring your vehicle to the pros for a checkup. For example, if you see coolant dripping on the ground, it could be caused by a radiator hose with a hole, a broken hose clamp, a hole in the radiator, or a rusted block heater or frost plug.

Drive extra carefully. Even the most technologically advanced vehicles need smart drivers to avoid accidents and collisions. Plan for extra travel time when on the road and go slowly in the snow. Remember that braking distance is also a fundamental factor to consider; you can slide farther than expected on just a thin layer of snow or ice.



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Death



Francine Spalding (1956-2021)

Francine lost her battle with cancer at the age of 65 on October 10, 2021. She passed peacefully at the CHUS Fleurimont with her husband by her side.

Left to mourn are her husband Neil McLeod, daughters Stephanie MacDonald (Serge) and Amanda McLeod. She will be missed by her grandchildren Logan, Mayson and Kordel (and his father Scott Forest), and Peyton-Jo and her sister Sherry Nixey and her family.

The family would like to thank all the staff at CHUS Fleurimont for their excellent care.

Visitation will take place at Cass Funeral Home, 3006 College, Sherbrooke (Lennoxville) on Friday, Oct. 15 from 2-4 p.m. and 7-9 p.m. The funeral service will be at Cass on Saturday, Oct. 16 at 2 p.m. followed by interment at Elmwood Cemetery in Sherbrooke.

In lieu of flowers, the family would appreciate donations to FAST Canada (Angelman Syndrome) 47 Chestnut St., Ottawa, ON K1S 0Z9 or to Autism Canada.

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In Memoriam

NUTBROWN, Harold – In loving memory of a husband and father who passed away October 14, 2020.

*Always on our minds,
Forever in our hearts.*

SHIRLEY & KEVIN

Surgical comorbidities increase as people age



ASK THE DOCTORS
By Eve Glazier, M.D., and Elizabeth Ko, M.D.

Dear Doctor: Can you please talk about the risks to older patients with comorbidities when they're going to have surgery? My sister, who was older and ailing, had a joint replacement surgery. It was done by a very good surgeon and at a good hospital, but she didn't survive to walk again.

Dear Reader: First, we are terribly sorry to hear about the death of your sister. Thank you for bringing up an important topic. About 17% of adults in the United States are 65 or older, and the data show that they account for about 40% of hospital-based surgeries. Add outpatient procedures, and that number is closer to 50%.

There's a range of reasons for this, not the least of which are the physiological stresses associated with reaching older age. In many cases, surgery offers an older adult the best chance at managing an existing medical issue. However, as you point out, not everyone is a good surgical candidate. This is because many are living with additional medical conditions, known as comorbidities, that are not related to the issue the surgery is meant to address. These include high blood pressure; impaired cardiac function; diabetes; kidney disease; obesity; lung conditions such as asthma, COPD or emphysema; digestive disorders; depression; and diminished cognition, to name just a few.

Data show that surgical patients 65 and older are at increased risk of postoperative complications, longer hospital stays and slower recovery. Another factor in the surgical equation

is frailty. It's a clinical term that refers to the loss of muscle mass, strength, stamina, endurance and general fitness that occurs in older age, which leaves someone in a weakened and physically vulnerable state. Frailty is often accompanied by two or more of the comorbidities we just discussed. The incidence of frailty increases with age, and it is a bit more common in women. It's estimated that one-fourth of those 85 and older are frail.

All of this makes a thorough preoperative assessment for older adults a necessity. It begins with establishing the patient's goals relative to the surgery and weighing the risks of the procedure against the potential benefits. Regarding risk, there's a wide array of factors to consider. These include the rigors of the surgery itself, the length of the post-op hospital stay and what post-surgical rehab will entail. The patient needs to have a clear understanding of the costs of the surgery, from pre-op appointments through the entire period of recovery.

In addition to comorbidities, patients should be evaluated for cognitive function, nutritional status, their ability to understand new information and to make decisions, and fall risk. Problems in these areas have been linked to an increased risk of complications following surgery, functional decline, the need for in-home care or institutionalization.

When it comes to recovery, patients need both a realistic timeline and a detailed plan. Those with a robust social support network have been shown to have improved outcomes. And, while it seems grim to entertain worst-case scenarios, it's crucial for any surgical patient, no matter their age, to make clear their wishes regarding life-saving measures and interventions. This is best done with a legal document that addresses future medical care.

Eve Glazier, M.D., MBA, is an internist and associate professor of medicine at UCLA Health. Elizabeth Ko, M.D., is an internist and assistant professor of medicine at UCLA Health.

(Send your questions to askthedoctors@mednet.ucla.edu, or write: Ask the Doctors, c/o UCLA Health Sciences Media Relations, 10880 Wilshire Blvd., Suite 1450, Los Angeles, CA, 90024. Owing to the volume of mail, personal replies cannot be provided.)

Datebook

THURSDAY, OCTOBER 14, 2021

Today is the 287th day of 2021 and the 23rd day of autumn.

TODAY'S HISTORY: In 1912, Theodore Roosevelt was shot in the chest and went on to deliver a campaign speech in Milwaukee.

In 1962, a U.S. reconnaissance plane photographed Soviet missile sites on the island of Cuba, setting off the Cuban Missile Crisis.

In 1964, Martin Luther King Jr. was awarded the Nobel Peace Prize for his civil rights leadership.

In 1994, Palestinian leader Yasser Arafat, Israeli Prime Minister Yitzhak Rabin and Israeli Foreign Minister Shimon Peres were awarded the Nobel Peace Prize for the Oslo accords.

TODAY'S BIRTHDAYS: Dwight D. Eisenhower (1890-1969), U.S. president/general; Lillian Gish (1893-1993), actress; e.e. cummings (1894-1962), poet; C. Everett Koop (1916-2013), U.S. surgeon general; Roger Moore (1927-2017), actor; Ralph Lauren (1939-), fashion designer; Joe Girardi (1964-

), baseball player/manager; Natalie Maines (1974-), singer-songwriter; Usher (1978-), singer-songwriter; Mia Wasikowska (1989-), actress.

TODAY'S FACT: Skydiver Felix Baumgartner reached a maximum speed of 843.6 mph in his record-setting 119,431-foot vertical skydiving free fall during the Red Bull Stratos project, on this day in 2012.

TODAY'S SPORTS: In 1908, the Chicago Cubs defeated the Detroit Tigers 2-0 to win their second consecutive World Series. They would not win the Series again until 2016.

TODAY'S QUOTE: "Change based on principle is progress. Constant change without principle becomes chaos." – Dwight D. Eisenhower

TODAY'S NUMBER: 6 – Major League Baseball teams that have never won a World Series: the Colorado Rockies, Milwaukee Brewers, San Diego Padres, Seattle Mariners, Tampa Bay Rays and Texas Rangers.

TODAY'S MOON: Between first quarter moon (Oct. 12) and full moon (Oct. 20).

Is this friendship worth keeping?

Dear Annie

THURSDAY, OCTOBER 14, 2021

Dear Annie: I've been with my significant other for almost three years now. We live together and have a pretty good life. I have a child from a previous relationship who's in high school. My significant other has no kids, but he is very involved with extracurricular activities and is a perfect example of a parent. When we first met, I was advised that "not wanting more children" is a deal-breaker on his end, and I, at the time, kinda said, "We'll cross that bridge when we get there." Well, we are there, and I now know for certain I no longer want any additional children. What should I do? - Screwed

Dear Screwed: Communication is key - especially with a life partner. You can't expect them to read your mind. Tell him how you feel, and do it soon. It's not fair for him to keep believing in a future you've already written off.

Dear Annie: Last year, during the pandemic, my very first boyfriend of a year and a half, "Joey," admitted he wanted to end it because he had been talking to another girl during the period we were in quarantine. He said it was a girl I didn't know.

During this time, our state was in a strict lockdown. I was crushed but decided he wasn't for me if he would do that. My best and closest friend of seven years, "Pam," consoled me.

Pam admitted then that he had shown interest in her around that time, but Pam said she told him off immediately. She always thought he was annoying and said she didn't respond to him at all except to tell him off. Pam has never had a boyfriend but always wanted one. Her parents wanted her to wait until she was a bit older. She seemed a bit jealous of the time I spent with Joey, so I always made it a point to spend alone time with her as well. Joey was a part of our larger friend group at school but was alienated after he and I broke it off. Everyone thought he was an idiot to cheat on me like that.

Last week, a mutual friend said Pam told her she was the reason Joey and I broke up last year. I confronted Pam today, and she admitted that she was the other girl. She was very upset and sorry. She said Joey had called her and professed how much he liked her and she, during this hourlong phone call, entertained the idea of liking him as well. She said it was no more than that before she came to her senses

and refused his idea. Pam says she had wanted to tell me but just couldn't, and it has been eating at her for the past year. What should I do? Forgive Pam, who has never done anything like that before, or stop being her friend? - Jilted Teen

Dear Jilted Teen: What Joey did to you was hurtful. Talking to another girl behind your back was betrayal enough, but doing it with your best friend was especially nasty of him. And surely the fact that Pam "entertained the idea of liking him" only rubbed salt in the wound.

But after taking a minute to process, it seems that Pam did everything right. Despite her jealousy that you had a boyfriend, she "came to her senses and refused his idea."

Our actions define us, and Pam's actions prove that she cares about your friendship more than a new fling. Joey's actions, on the other hand, already ruined one relationship; don't let them damage another.

Dear Annie: I am a 52-year-old man who came to this country when I was 15. I met this friend, "Tom," when I was in high school, and I spent a lot of time at his house when I was 16.

His mom, "Diane," was very kind to me, and she was 39 years old at the time. She would take me home after a visit. One night, when she was taking me home, she stopped the car and molested me.

From then on, Diane would molest me quite often. She started brainwashing me and manipulating me, saying that I didn't need anyone but her. So I disowned my family and moved in with this family. Diane divorced her husband to be with me.

I didn't want any of this, but that was all I knew at 16. I eventually married my abuser when I was in my early 20s. During our marriage, I could have and should have left. I stayed because she had been brainwashing me since I was 16 to love her and only her.

Fast-forward to 2019; Diane divorced me because she found someone else who is still married and 15 years younger than she is.

Now I miss my own family and keep thinking about how she robbed me of my teenage years and years afterward. My question is: Is there anything I can do legally to hold her accountable for the molestation since there is no statute of limitations on sexual abuse? - Loss and Regret

Dear Loss and Regret: I am so sorry that you had to encounter such a horrible, manipulative person when you were young and vulnerable. No child - and child is what you were - should have to suffer that type of abuse. You sound like you have had some good therapy because you see now that her behavior was truly manipulative and intended to brainwash you. My guess is that your healing and self-care journey will last a lifetime, but that will only make life more joyful. What we put in, we get out of this life.

Of course you miss your family, and that is what the healing is for. Tell them that all the time - how much you missed them. You can't go back to the past, but you can look to the future. There is a reason the rearview mirror is a lot smaller than the forward-facing windshield. Look toward the future and, as much as you can, forgive your perpetrator and forgive the young boy who didn't know any better. Once you give yourself that gift, you will feel lighter and less angry. As for legal recourse, I'm not sure. I will print this letter in hopes that an attorney who specializes in this type of law might write to me.

But seeking legal action and having to relive all the trauma again and again might not be the best way for YOU to move forward. The best revenge is living well, so continue to stay committed to that course.

I just read this quote and am hoping it will ring true for you:

"The kindest people are not born that way, they are made. They are the sounds that have experienced so much at the hands of life, they are the ones who have dug themselves out of the dark, who have fought to turn every loss into a lesson. The kindest people do not just exist - they choose to soften where circumstance has tried to harden them, they choose to believe in goodness, because they have seen firsthand why compassion is so necessary. They have seen firsthand why tenderness is so important in this world." - Bianca Sparacino

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book - featuring favorite columns on love, friendship, family and etiquette - is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information.

Send your questions for Annie Lane to dearannie@creators.com.

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TOWNSHIPS

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ONLINE WORKSHOP

Mental Health Estrie invites you to a free virtual workshop in English: "Being an Ally: Standing with your LGBTQ2S+ Loved Ones" presented by Dr. Nate Fuks (Department of Psychology, McGill University). Open to all, 6:30-7:30pm, Wednesday, October 20th. For more information, or to register, please visit our Facebook or Instagram pages, email outreach@mentalhealthestrie.com, or call (819) 565-2388.

RICHMOND

Tea & Talk will meet at the Richmond Community Centre (820 rue Gouin) on October 19, 2 to 4 p.m. A social afternoon for seniors in the greater Richmond/Danville community. Invited guest: Richmond Volunteer Centre (CAB). Tell a friend to make it double the fun. Contact for information: Alice Weare, 819-826-5488; richmondclc@etsb.qc.ca.

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CELEBRITY CIPHER

by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

"V U O C T L O V U T C P K S W I V U K D T C P
A O R K V T D O Y ' J T Z Y K A W I C Z T Y V U K V
V U O X P W U W H O ." — L R T N N A T L U K A Z

Previous Solution: "You want to be a writer, don't know how or when? Find a quiet place, use a humble pen." — Paul Simon

TODAY'S CLUE: *g s r e b n e s*

REALITY CHECK



HERMAN

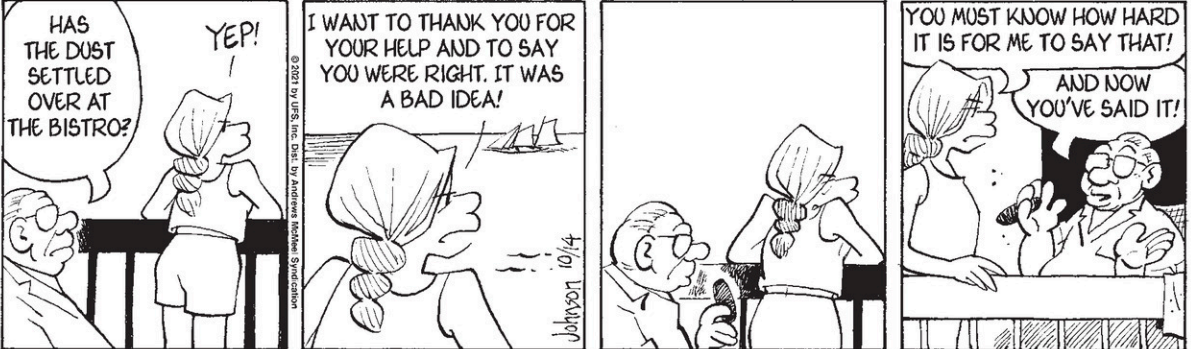


"Couldn't you hear me shouting out there?"

ALLEY OOP



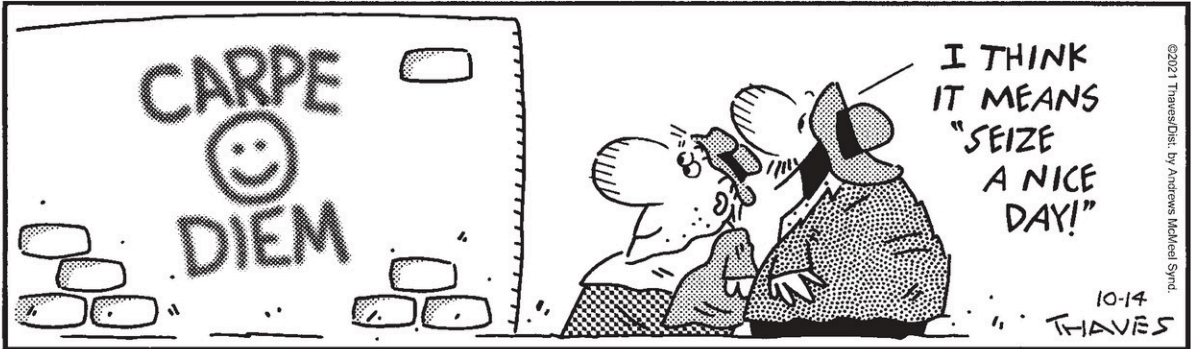
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FRANK AND ERNEST



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Trisha Yearwood's recipe for fried apple fritters

By Trisha Yearwood
 THE ASSOCIATED PRESS

My dad, Jack, used to reminisce about small fried apple fritters that his mother, Elizabeth, would make for him when he was a kid. Of course, like many passed-down family recipes, this one wasn't written down anywhere, so Mama went to work, trying to figure out how to make them just like his mama had. That's never an easy job, because our childhood memories often make those original flavors impossible to replicate. Beth and I remember those premade dough pockets sitting on the kitchen counter, and Mama frying them up in a cast iron skillet. We also remember how happy Daddy was with the result. We're not surprised she got it right!

Grandma Yearwood always fried with lard, but if that scares you, vegetable oil is perfectly fine!

JACK'S FRIED PIES
 Makes 10 pies

INGREDIENTS

- 1 tablespoon unsalted butter
- 2 Granny Smith apples, peeled, cored, and diced in 1/2-inch pieces
- 1/4 teaspoon ground cinnamon
- Pinch of freshly grated nutmeg
- Pinch of ground ginger
- 1/2 cup packed light brown sugar
- 1/2 teaspoon kosher salt
- 1 tablespoon cornstarch
- 2 pounds lard or
- 1 1/2 quarts vegetable oil, for frying
- 1 box (2 crusts) refrigerated pie crusts (I like Pillsbury)
- Special Equipment:
- 4 1/2-inch round cookie cutter

DIRECTIONS

1. In a small saute pan, melt the butter over medium heat. Add the apples, cinnamon, nutmeg, ginger, brown sugar, salt, and 1/4 cup water, stir, and cover to bring to a simmer, 5 to 7 minutes, then cook, uncovered, until the apples are slightly softened, about 4 minutes.
2. In a small bowl, stir together the cornstarch and 1 tablespoon water until combined and pourable. Stream the cornstarch slurry into the apple filling and cook on a low simmer for 2 minutes more, or until the liquid has thickened.

3. Pour the apple mixture into a shallow bowl (a pie plate works great) and cool in the fridge, stirring occasionally, for 25 minutes.

4. Put the lard or vegetable oil in a deep Dutch oven. Clip a deep-fry thermometer to its side and heat the lard over high heat to 360 degrees F.

5. Lay out both rounds of pie dough and use a 4 1/2-inch round cookie cutter to cut four circles from each of them. Gather the scraps, roll out again, and cut out 2 more circles.

6. Fill each round of dough with a heaping tablespoon of the apple filling, then, using a little water on your fingers, wet the edge of the dough and press together into a half-moon. Crimp the edges with the tines of a fork to seal.

7. When all the pies are assembled and the oil is to temperature, fry 3 or 4 pies at a time for 4 to 5 minutes. Transfer the pies to a paper towel-lined tray to drain and cool slightly, then repeat to fry the remaining pies, letting the oil come back up to 360 degrees F between batches. Enjoy warm.

Trisha's Tip: The apple filling can be made the day before and stored in the refrigerator until ready to use.

Excerpted from "Trisha's Kitchen: Easy Comfort Food for Friends and Family" (copyright) 2021 by Trisha Yearwood with Beth Yearwood Bernard. Reproduced by permission of Mariner Books, an imprint of HarperCollins Publishers. All rights reserved.

SUDOKU

DIFFICULTY RATING: ☆☆☆☆☆

	9			6		7		
				7	2			1
	7			4	2			6
				1			8	
6		8		7		5		2
	3		9					
3			6	1				4
5		7	4					
	4		7					6

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PREVIOUS SOLUTION

5	6	3	9	4	8	7	1	2
4	2	7	3	6	1	8	9	5
8	9	1	2	5	7	4	6	3
3	5	8	1	7	9	2	4	6
7	4	6	5	2	3	9	8	1
2	1	9	6	8	4	5	3	7
1	8	5	7	9	6	3	2	4
9	3	2	4	1	5	6	7	8
6	7	4	8	3	2	1	5	9

HOW TO PLAY:
 Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

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NEA Crossword Puzzle

Your Birthday

THURSDAY, OCTOBER 14, 2021

PISCES (Feb. 20-March 20) – Keep your business, passwords and plans to yourself. You will accomplish the most if you don't share your intentions with others. Don't let a change someone makes catch you off guard.

ARIES (March 21-April 19) – Don't feel that you must pressure others to get what you want. Do what you do best, and everything will fall into place. A proposal you make will draw interest. A romantic gesture will pay off.

TAURUS (April 20-May 20) – Don't get mixed up in someone else's business. Take on responsibilities that lead to a higher income, better cash flow and less debt. Learn from experience. Refrain from letting others call the shots.

GEMINI (May 21-June 20) – Look at the possibilities, then set your course of action. A disciplined approach to how you handle responsibilities will do wonders for your reputation. Romance is featured.

CANCER (June 21-July 22) – Follow a path that allows you to use your skills. Taking a different approach to how you handle money will lead to greater control and less outside interference. Don't waste time arguing.

LEO (July 23-Aug. 22) – Map out your course and take flight. Don't waste your time following others. Take advantage of any opportunity that comes along, and you'll be calling the shots instead of playing second fiddle.

VIRGO (Aug. 23-Sept. 22) – Learn from the changes others make. Be a good student and a better teacher. Set examples for others, and you will feel good about the decisions you make. Be good to yourself.

Put more effort into improving your surroundings. Comfort and functionality will support peace of mind and efficiency, leaving you more time to explore avenues that pique your imagination. Expand your interests, friendships and skills, and you will discover something that makes you feel alive. Express your desires and be open to what life has to offer.

LIBRA (Sept. 23-Oct. 23) – Reconnect with someone you miss. A conversation will brighten your day and give you the reality check you need to recognize how far you've come. Set new priorities and watch your mental baggage diminish.

SCORPIO (Oct. 24-Nov. 22) – Take a wait-and-see approach to avoid getting caught up in someone's drama. Observation will help you make wise decisions when change is required. Take the road less traveled.

SAGITTARIUS (Nov. 23-Dec. 21) – Put on your hardhat and take on physical tasks that need attention. What you accomplish will raise eyebrows as well as your reputation. A chance to boost your income is apparent.

CAPRICORN (Dec. 22-Jan. 19) – Listen to what others have to say, and you'll learn valuable information that will help you maneuver your way through a situation that has the potential to affect your livelihood.

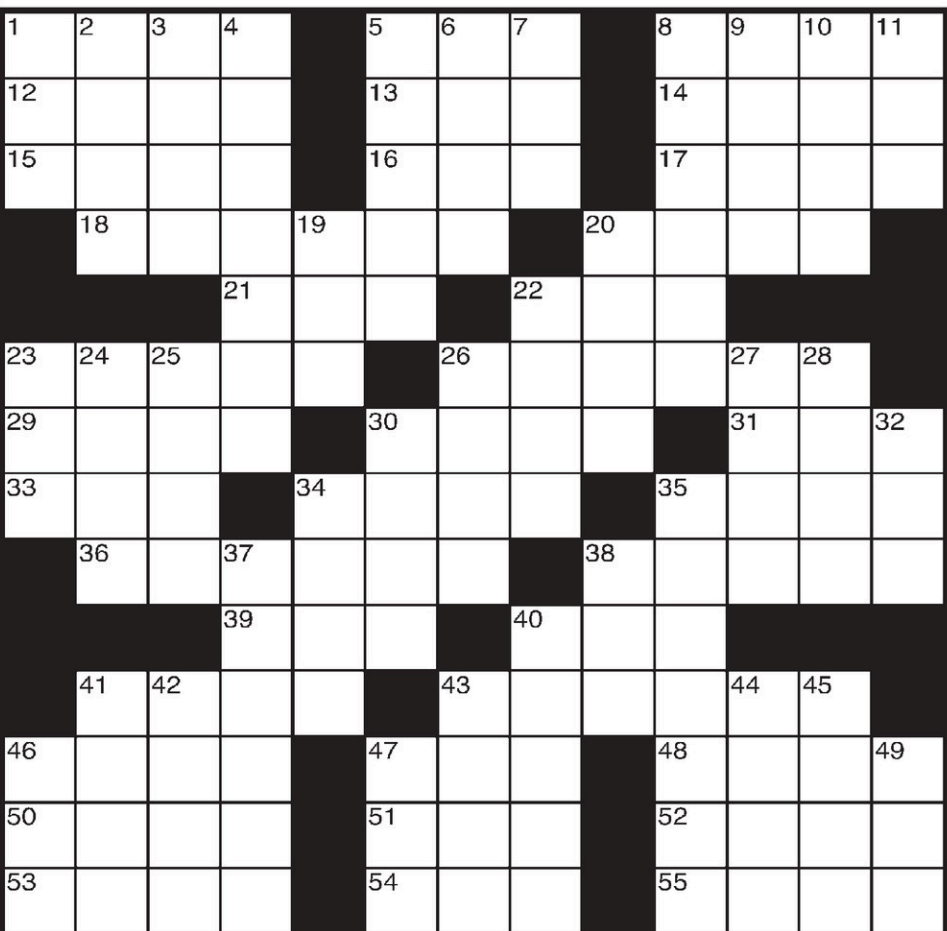
AQUARIUS (Jan. 20-Feb. 19) – You can get ahead if you set up a safe long-term investment. Sharing your thoughts with someone who has similar goals will lead to a better future. Romance is featured.

Answer to Previous Puzzle



- 8 Fragrant trees
- 9 Prima donna's tune
- 10 Type of appeal
- 11 At all times, poetically
- 19 Motor lodge
- 20 Cult
- 22 Nut shell
- 23 Fishing lure
- 24 "— Karenina"
- 25 Race by, as clouds
- 26 Enameled metal
- 27 Two-color cookie
- 28 El — (ocean current)
- 30 Muck
- 32 Chaps
- 34 Gentlemen
- 35 Leafier
- 37 Powerful
- 38 Fish choice
- 40 Tows along
- 41 Aught or naught
- 42 Nile goddess
- 43 Grace ender
- 44 Knot
- 45 Uno y dos
- 46 Exec
- 47 Small music maker
- 49 Kitchen pest

- ACROSS**
- 1 Magnificence
- 5 N.J. neighbor
- 8 Packing crate
- 12 Calcutta nanny
- 13 Club for Gls
- 14 Ocean eagle
- 15 Prayer wheel turner
- 16 Sauna site
- 17 Name in fashion
- 18 Blue moon, e.g.
- 20 Import car
- 21 Some
- 22 Feminine pronoun
- 23 Husband of Medea
- 26 Arizona city
- 29 Unit of length
- 30 Lose hair
- 31 Brink
- 33 Safari animal
- 34 Door part
- 35 — splicing
- 36 Compliment
- 38 Sing like
- 39 Vexation
- 40 Mother rabbit
- 41 Sharp turns
- 43 Impassioned
- 46 Fit together
- 47 Thurman of "Gattaca"
- 48 Ibsen heroine
- 50 Perseverance
- 51 Toga party order
- 52 Churchill successor
- 53 Optimistic
- 54 Naval off.
- 55 Remainder
- DOWN**
- 1 Friend
- 2 "Rubaiyat" author
- 3 Informal parent
- 4 Tomb builder
- 5 Grimy
- 6 Spot
- 7 Hawaii's Mauna —



THURSDAY, OCTOBER 14, 2021

There is a time for discussion

By Phillip Alder

The bidding has finished. You are declarer. The opening lead is made, and partner puts his dummy down. Immediately, you see that you are in the wrong contract. What do you do?

Right – it is too late to worry about that now. You can discuss the sequence with partner after the session. For now, concentrate on making the necessary number of tricks.

Moving on, how should South try to make five diamonds in today's deal after West leads a low spade?

In the auction, South should have bid three no-trump on round one and round two. (Ideally, advancer's strength-showing cue-bid is made with a hand that contains at least one four-card major.)

It is often true that if the trumps are breaking badly, you do better not to touch them early on. Here, if South immediately plays a diamond to his king, he can no longer make the contract!

The right initial move is to run the club nine. West will win with the jack and, probably, return another spade. Declarer crosses to hand with a trump and leads the club king, ruffing away West's ace. (If West doesn't cover, South

North 10-14-21			
♠ A K Q J			
♥ J 10 8 3			
♦ A 8 6 2			
♣ 9			
West			East
♠ 10 7 6 3			♠ 5 4
♥ A Q 5 4			♥ 9 7 6
♦ 4			♦ J 9 7 3
♣ A J 6 2			♣ 8 7 5 4
South			
♠ 9 8 2			
♥ K 2			
♦ K Q 10 5			
♣ K Q 10 3			
Dealer: West			
Vulnerable: Neither			
South	West	North	East
	1♣	Dbl.	Pass
2♣	Pass	2♥	Pass
3♦	Pass	4♦	Pass
5♦	Pass	Pass	Pass
Opening lead: ♠ 3			

discards a heart from dummy and leads the club queen. If West still doesn't cover, it is time to draw trumps.)

Now declarer cashes the diamond ace (learning about the 4-1 split), plays a trump to his 10, draws East's last trump and takes his four black-suit winners, discarding the heart two. South loses only one club and one heart.